



Curried Chicken Salad

Poached chicken tossed with crunchy cucumber, spring onion and cherry tomatoes with a creamy curry dressing.



25 minutes



2 servings



Chicken

FROM YOUR BOX

CHICKEN TENDERLOINS	300g
CHERRY TOMATOES	1 packet
LEBANESE CUCUMBER	1
SPRING ONIONS	1 bunch
BABY COS LETTUCE	1
CURRY MAYONNAISE	1 sachet

FROM YOUR PANTRY

oil for cooking, salt, pepper

NOTES

For a more filling meal, you can serve with rice or toss the salad through pasta. This salad also makes a delicious filling for a sandwich or roll.

1. POACH THE CHICKEN

Place **chicken** in a saucepan and season with **salt**. Cover with water, bring to a simmer and cook, covered for 8–10 minutes or until cooked through. Remove to a board to cool.

TIP *We added 1 tbsp soy sauce to the poaching water for some flavour. You can cook the chicken in a frypan instead. Coat with soy sauce or marinade or choice.*

2. PREPARE THE SALAD

Halve **tomatoes**, dice **cucumber** and slice **spring onions**.

TIP *Add some diced apple or sultanas for sweetness. Avocado, grated carrot, radishes or celery can also be added.*

4. FINISH AND SERVE

Separate and rinse **lettuce** leaves. Lay over a serving plate.

Shred poached chicken and toss through salad along with **curry mayonnaise**. Spoon salad onto lettuce leaves.

TIP *Add some fresh chopped parsley, toasted sesame seeds or nuts to garnish.*

This recipe has simplified instructions to help lower your meal cost.